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Please delete the present Abstract of the Disclosure and replace it with the following new Abstract of the Disclosure.

ABSTRACT

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A safety pedal for bicycles, comprising a device for quickly coupling to a cleat fastened to the sole of a shoe. This device comprises a toe element for receiving a front end of the cleat and a rear fastening device, which is suitable for engaging the rear end of the cleat when this is pressed over said rear fastening device. The cleat is released from the pedal by turning in the general plane of the pedal so to move the rear end of the cleat laterally. The resting surface of the cleat on the pedal includes cam means for lifting the side of the cleat, which is moved away from the center of the pedal when the releasing rotation is imposed on the cleat. Said cam means are only arranged on the side of the pedal facing outwards (with reference to the fitting condition of the bicycle), so to be operative only when the rear end of the cleat is moved laterally outwards, i.e. distanced with respect to the bicycle, starting from the engaged position.

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